

CHESTERBROOK AUGUST 2023

WEEK 1					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	7/31/2023	8/1/2023	8/2/2023	8/3/2023	8/4/2023
AM SNACK:					
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable					
Grain/Meat ¹	WG Cereal	WG Bagel	Oatmeal	WG Pancake	WG Cereal
Extra		Cream Cheese			
LUNCH:					
	Lasagna Roll Up	Taco Tuesday	Sloppy Joe	Turkey & Cheese Please	Fishy Shapes
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable ²	Mandarin Oranges	Tropical Fruit	Mixed Fruit	Apple Slices	Mango
Vegetable	String Beans	Corn	Broccoli	Sweet Potato Bites	Peas
Grain	WG Pasta	WG Tortilla	WG Roll	WG Bread	WG Breading
Meat/Meat Alternate	Cheese	Diced Chicken /Shredded Cheese	Beef Crumbles	Turkey/Sliced Cheese	Fish Shapes with Cheese
Extra	Marinara Sauce	Taco Seasoning	Manwich Sauce		
PM SNACK:					
Milk/Water					
Fruit					
Vegetable					
Grain	Animal Crackers	WG Champs Crackers	WG Granola	WG Pita	WG Waffle Grahams
Meat/Meat Alternate			Yogurt	Hummus	
Extra					
WEEK 2					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	8/7/2023	8/8/2023	8/9/2023	8/10/2023	8/11/2023
AM SNACK:					
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable			Canned Cinnamon Apples		
Grain/Meat ¹	WG Cereal	WG Muffin	WG Granola	WG French Toast	WG Cereal
Extra					
LUNCH:					
	Pizza Quesadilla	Chicken and Waffles	Mighty Meaty Pasta	Grilled Chicken Salad	Asian Dumplings
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable ²	Mixed Fruit	Peaches	Apple Slices	Pineapple	Mandarin Oranges
Vegetable	Marinara Sauce	String Beans	Diced Carrots	Tossed Salad	Peas
Grain	WG Shell	WG Waffle	WG Pasta	WG Bread	WG Dumpling
Meat/Meat Alternate	Cheese Pizza Quesadilla	Breaded Chicken Patty or Chicken Nuggets	Beef Crumbles	Grilled Chicken Nuggets	Chicken Dumpling
Extra			Pasta Sauce	Ranch	
PM SNACK:					
Milk/Water					
Fruit					
Vegetable					
Grain	WG Granola Bites		WG Cheese Crackers		Goldfish
Meat/Meat Alternate		Yogurt		Cheese Stick	

1. Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

2. The fruit component at lunch may be substituted by an additional vegetable.

CHESTERBROOK AUGUST 2023

WEEK 3					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	8/14/2023	8/15/2023	8/16/2023	8/17/2023	8/18/2023
AM SNACK:					
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable					
Grain/Meat ¹	WG Cereal	WG English Muffin	WG Cereal	WG Pancake	WG Cereal
Extra		Applebutter			
LUNCH:					
	Pierogies	Chicken Patty	Philly Cheesesteak	Pizza Cruncher	Brunch
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable ²	Mandarin Oranges	Tropical Fruit	Pineapple	Apple Slices	Mango
Vegetable	Peas & Carrots	Mixed Vegetables	Tator Tots	Broccoli	Corn
Grain	WG Pierogie Shell	WG Roll	WG Roll	WG Crust	WG French Toast Stx
Meat/Meat Alternate	Pierogie Filling	WG Breaded Chicken Patty	Beef Steak Meat/Cheese	Cheese	1/2 Turkey Sausage Patty
Extra					
PM SNACK:					
			CINNAMON DIPPERS		
Milk/Water					
Fruit					
Vegetable					
Grain	WG Maple Bites	Pretzels	WG Churro Crackers	WG Pita	Ritz Crackers
Meat/Meat Alternate			Yogurt	Hummus	Cheesestick

WEEK 4					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	8/21/2023	8/22/2023	8/23/2023	8/24/2023	8/25/2023
AM SNACK:					
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable					
Grain/Meat ¹	WG Cereal	WG Blueberry Loaf	Oatmeal	Yogurt	WG Cereal
Extra					
LUNCH:					
	Pizza	Chicken Dippers	Loaded Totchos	Cheesy Peasy	BBQ Chicken
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable ²	Applesauce	Mango Chunks	Pineapple	1/2 Banana	Peaches
Vegetable	Broccoli	Sweet Potato Bites	Salsa	Peas	Mixed Veggies
Grain	WG Crust	WG Breading	Tater Tots	WG Mac & Cheese or WG Pasta w/ Cheese Sauce	WG Cornbread
Meat/Meat Alternate	Cheese	Chicken Nuggets	Beef Crumbles/ Shredded Cheese	Diced Turkey Ham	Diced Chicken or Grilled Chicken Nuggets
Extra		Ranch or Honey Mustard	Taco Seasoning		BBQ Sauce
PM SNACK:					
	Cucumber Sandwich				
Milk/Water					
Fruit				Apple Slices	
Vegetable	Cucumber Slices				
Grain	WG Flatbread	Graham Crackers	WG Goldfish		Pretzels
Meat/Meat Alternate				Sunbutter	
Extra	Cream Cheese				

1. Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

2. The fruit component at lunch may be substituted by an additional vegetable.

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WEEK 5					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	8/28/2023	8/29/2023	8/30/2023	8/31/2023	9/1/2023
AM SNACK:					
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	CHEF	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable					
Grain/Meat ¹	WG Cereal		WG Cereal	WG Pancake	WG Cereal
Extra					
LUNCH:					
	Lasagna Roll Up		Sloppy Joe	Turkey & Cheese Please	Sunbutter & Jelly
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	CHOICE	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable ²	Mandarin Oranges		Mixed Fruit	Apple Slices	Banana
Vegetable	String Beans		Broccoli	Sweet Potato Bites	Peas
Grain	WG Pasta		WG Roll	WG Bread	WG Breading
Meat/Meat Alternate	Cheese		Beef Crumbles	Turkey/Sliced Cheese	Sunbutter & Jelly
Extra	Marinara Sauce		Manwich Sauce		
PM SNACK:					
		DAY			
Milk/Water					
Fruit					
Vegetable					
Grain	Animal Crackers		WG Granola	WG Pita	WG Waffle Grahams
Meat/Meat Alternate			Yogurt	Hummus	
Extra					

1. Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

2. The fruit component at lunch may be substituted by an additional vegetable.

